### **Asthma in Adult Women Fact sheet**

# **Healthy People 2010 Goals:**

- To reduce the deaths from asthma in adults aged 35-64 years to 9 per million population.
- To reduce the deaths from asthma in older adults aged 65 years and above to 60 per million population.

### **Consequences:**

- Asthma causes serious health problems including daily depression and stress (2002 BRFSS).
- Asthma attack may be life threatening and include shortness of breath, cough, wheezing, and chest pain or tightness.
- May cause death.

#### **Causes:**

• Factors that can trigger asthma include allergens, infections, exercise, abrupt changes in the weather, or exposure to airway irritants such as tobacco smoke.

## **Prevalence in Indiana:**

- Based on 2002 BRFSS, the percentage of Indiana female residents who reported that they ever were diagnosed with asthma was 12.7%.
- Prevalence rate of women in Indiana who currently have asthma is 9.8%.
- Adults of all ages have higher asthma death rates than children.

### Trends toward meeting the Healthy People 2010 Goals:

The 2002 Indiana female age specific death rate for ages 35-64 years and for ages 65+ were 18.4 per one million population and 62.3 per one million population respectively. To reach the Healthy People 2010 goals, the age specific death rate for these age groups should decrease by 51% and 3.7% respectively.

1999	Asthma Age-Specific Death Rates per One Million Population				2002	Asthma Age-Specific Death Rates per One Million Population			
								White	Black
	Total	Total Female	White Female	Black Female		Total	Female	Female	Female
Age 35-64	12.3	*	*	*	Age 35-64	14.4	18.4	*	*
Age 65+	79.4	101.5	98.6	*	Age 65+	44.9	62.3	57.3	*
Total	17.5	21	17.8	*	Total	12.8	16.9	16.2	*

**Source**: Indiana State Department of Health.

**Notes**: \*\* The 2001 rate was calculated using 2000 population, to be consistent with the 2001 Indiana Mortality Report \*Rates are unstable (less than 20)